What are the effects of maternal dietary intake of n-3 fatty acids from seafood on breast milk composition and health outcomes in infants? (DGAC 2010)

Conclusion

Moderate evidence indicates that increased maternal dietary intake of long chain n-3 polyunsaturated fatty acids (PUFA), in particular docosahexaenoic acid (DHA) from at least two servings of seafood per week, during pregnancy and lactation is associated with increased DHA levels in breast milk and improved infant health outcomes, such as visual acuity and cognitive development.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades,click here.

Evidence Summaries
What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 What are the effects of maternal dietary intake of omega-3 fatty acids on breast milk composition and infant health outcomes?

Search Plan and Results
What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

Maternal n-3 long-chain PUFA